

# HOW TO CONTROL YOUR WEIGHT

HAZEL M. HAUCK



## IN BRIEF

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### FOR UNDERWEIGHT PERSONS

**If you reach normal weight:**

You will look better.

You will tire less easily.

You will be able to maintain better posture.

You will have better support for your abdominal organs.

You will have more protection against temperature changes and against shocks and bruises.

You will be less susceptible to tuberculosis and some other diseases, and will recover more quickly after illness.

***How to increase your weight***

- Choose a well-balanced diet.
- Make every meal a large one.
- Emphasize high-calorie foods.
- Add well-chosen between-meal nourishments.
- Get plenty of rest.
- Learn to do things the easy way.

### FOR OVERWEIGHT PERSONS

**If you reach normal weight:**

You will look better, and will have more fun buying clothes.

You will tire less easily.

You will be "lighter on your feet" and less apt to suffer from structural faults, such as weak arches.

You will have a better chance of avoiding diabetes and diseases of the heart, the blood vessels, and the kidneys, which frequently accompany overweight.

***How to reduce your weight***

- Choose first the foods you need.
- Emphasize low-calorie foods.
- Eat regularly; avoid nibbling.
- Include in each meal some foods that "stick to the ribs."
- Exercise regularly.

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# HOW TO CONTROL YOUR WEIGHT

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Hazel M. Hauck

## DO YOU WEIGH WHAT YOU SHOULD?

### *Normal weight for health*

What do we mean by normal weight? Often a young woman is influenced by fashion to take off pounds that she needs for health, while her plump older sister may carry around extra weight that insurance companies and her physician consider a serious handicap. Normal weight does not mean the weight that makes you look like the latest fashion silhouette; it means the weight at which you are most likely to be healthy.

### *Use of height-weight tables*

For adults of any age, the best weights for health are probably close to the average weights at age 25. Any excess weight after age 30 is a disadvantage. Height-weight tables for men and women of different body builds (page 16) provide a rough guide to how much you should weigh.

### *Study your figure*

To decide whether you vary too greatly from the average, study your figure in the mirror. If you can count your ribs, if your shoulder blades suggest sprouting wings, if your collar bones or hip bones are prominent, an increase in weight would be to your advantage. If you suspect that you may be a little more than pleasingly plump, look for bulges and tell-tale rolls of fat around the waistline and elsewhere. Do not expect to be able to take off weight in one spot without affecting any other, as the distribution of fat is largely a matter of inheritance. You may have to be satisfied with something less than an ideal figure. An honest rating of your figure will help you decide whether you really need to gain or to lose, and will guide you in knowing when you have reached a satisfactory weight.

# HOW TO REACH NORMAL WEIGHT

## *It's up to you*

No one else can put on pounds or take them off, for you. Whether you are too thin or too fat, reaching your goal will take patience and persistence. Your body contours are the result of long-established habits. To be successful, you must really *want* to change. Your first job, and often the hardest, is to make up your mind.



## *Consult a physician*

See your doctor before trying to diet. If you are underweight, he can tell you if there is a medical reason that makes it hard for you to gain. If you are overweight, he can tell you if yours is one of the few cases where obesity is related to endocrine disturbance. Glands are often blamed when little indiscretions in eating are the cause. If your heart, blood vessels, or other organs are affected, your

doctor will tell you how these conditions influence the exercise you should take or the foods you should eat.

There are no short-cuts to reducing. Many fake "obesity cures" are on the market: soaps and creams to rub on, salts for your bath, massaging devices, "reducing" garments which merely push your flesh around, and teas, pills, and powders to take internally. Many of these are worthless; some are actually harmful.<sup>1</sup> Drugs or glandular preparations seldom have a place in a reducing plan. If you need them, your doctor will prescribe them. Usually, sane diet and moderate exercise are the only safe ways to reduce.

## *The principles of weight control*

Energy is measured in calories, as costs are measured in dollars and cents. You must learn to balance your energy income from food against your energy expenditures for activity. If your income is greater than your expenditures, the body thriftily "lays by" fat. Unfortunately, you have little choice as to where it goes. To decrease a surplus, you must either spend more by exercise, or cut your income from food. A sane reducing program does both. On the other hand, if your energy expenditures are greater than your food income, your reserves dwindle. Then, you must increase your energy income by eating more,

<sup>1</sup>*Reducing*. Edited by Morris Fishbein, M.D. The Country Life Press, Garden City, N. Y. 1951.

especially high-calorie foods, and cut your energy expense by more rest. A good plan for weight control means starting on a lifetime of good eating habits.

### ***Weigh yourself at a regular time of day***

Choose a convenient time to weigh yourself, and plan to weigh regularly at the same time. Be sure that the weight of your clothing does not vary greatly, and remember that your weight differs even in the course of a day, owing to intake of food and water and to excretions through bowels, kidneys, lungs, and skin. Therefore, daily weighing is apt to be misleading. Weight trend over a period of weeks tells the true story.

## **SUGGESTIONS FOR REDUCING WEIGHT**

### ***Reduce slowly***

Do not expect to change your weight magically overnight. Quick results cannot be attained safely, if at all. Courage and persistence are needed to reach your goal. Flabby muscles, wrinkles, and actual illness may result from attempting to reduce too rapidly. Do not try to lose more than 1 to 2 pounds a week, unless you are reducing under the direct supervision of a physician. During the first week or two of a reducing regime, unexpected results may occur. You may lose as much as 5 pounds, or your weight may not change at all. This is because a loss in fat is often accompanied by a temporary shift in the water balance. If you store water as fat is burned, there may be no apparent weight change. Should this happen to you, keep up your courage, and your diet and exercise, and you will soon see results. On the other hand, if you lose 5 or 6 pounds the first week, you will be jubilant, but do not expect this to continue. You have merely lost several pounds of stored water along with some fat. After two or three weeks, your weight loss should settle down to a fairly even rate.

### ***Number of calories needed***

How many calories do you need? If you are a healthy individual, the answer depends largely on how old you are, what size and shape you are, and how active you are. In adult life, energy needs decrease gradually, about 5 per cent for each decade after age 25. When we consider size, we find that if two men weigh the same, but one is tall and thin and the other is short and fat, the tall thin man needs more calories than the short fat man, other things being equal. Activity makes the most difference; a typist who weighs 130 pounds may need about 2000 calories, compared to about 2800 for a woman of the same size who does very active work. Similarly, a man who weighs 154 pounds may need about 2500 calories a day if he sits at a desk, rides to and from work, and

reads for recreation; about 3000 calories if he works and plays actively, and about 4000 calories if he does heavy work.

A daily intake of 1500 to 2000 calories for a man, or of 1200 to 1600 calories for a woman, should produce a satisfactory loss even if you exercise little. You do not need to be able to count calories in order to reduce; but, if you like to figure, subtract 500 to 1000 calories from the number of calories necessary to maintain your weight to bring about a safe reduction of 1 to 2 pounds a week. A lower energy intake may be safe if the diet is planned by a qualified dietitian, and the reducing program is under constant supervision of a physician. The lower the food intake, the more carefully must the food be chosen to make it cover the other dietary needs.

### ***Choice of foods***

The chief difference between a sane reducing diet and a normal diet for a person of average weight is in energy value. You need fewer calories<sup>2</sup> from food, in order that you may use some body fat for energy each day. Your diet should provide proteins, minerals, and vitamins to meet your needs. Two good plans for weight control (see page 7) both include foods from each of the "Basic 7" food groups.

The first pattern includes bread and potato and allows some leeway for choice on a 1400 calorie diet. With an extra 145 calories to spend, you could eat 1/3 cup of cottage cheese, half a slice of bread, and more salad greens. With either diet pattern, many kinds of fruits, vegetables, and meats can give variety.

Many people have reduced successfully on a relatively low fat diet such as this. Some, however, get hungry between meals, and are more comfortable when they have a little more fat and protein. In diet pattern II this is provided by a second serving of meat, fish, or poultry. Diets a little more liberal in calories than these may produce satisfactory weight losses in men, and in women who are taller or more active than the average.

Choose your calories by the company they keep. Wherever you can, choose a food that provides something more than energy. For example, in a low fat reducing diet, most of the fat should come from whole milk, butter, margarine, egg yolk, and fat fish, since these foods are important for reasons other than their energy value. Meat fat, salad oils, lard, and other cooking fats can be omitted. Choose whole-grain or enriched bread and cereals when possible. They have more iron, thiamine, and other nutrients than do refined cereals.

<sup>2</sup>For more information, consult *Food Values in Common Portions* (United States Dept. Agriculture, Bureau of Human Nutrition and Home Economics, AIB 36, 1951) or *Food Value Chart*, G. Steininger and H. M. Hauck, Cornell Extension Bulletin 670.

<sup>3</sup>For more information, see *Food Makes a Difference*, Lola T. Dudgeon, Cornell Extension Bulletin 775.

Food	Diet Pattern I Approximate calories	Diet Pattern II Approximate calories
2 servings low or moderate caloric vegetables (page 9). At least one of these should be a green leafy or yellow vegetable.	75	75
2 servings unsweetened fruit. Use citrus fruits and tomatoes frequently.	150	150
1 medium potato or substitute (page 9)	100	
whole milk or its equivalent*		
2 to 3 cups	330-500	
2½ cups		410
meat, fish, or poultry		
1 4-oz. serving, lean or with fat removed	250	
2 4-oz. servings, medium fat		600
1 egg, cooked without fat, in the shell or poached	75	75
whole-grain or enriched bread		
1 medium slice, or substitute (page 9)	70	
1 thin slice		55
1 level teaspoon butter or margarine	35	35
	1085-1255	1400
Leeway for choice, to make 1400 calories.	315-145	

\*The following are approximate equivalents of 1 cup of whole milk: 1½ ounces cheese, or 1 cup skim milk and 2 level teaspoons butter or 3 tablespoons coffee cream.

Here are some suggestions to help you get the most satisfaction from your low caloric diet:

*Milk and cream:* If you long for cream in your coffee, use top milk poured from your share of the whole milk supply, and drink skim milk. Allow yourself only as much cream as you would get if you drank whole milk.

*Meats, fish, poultry:* Lean meats have fewer calories than fat ones, but a variety of meats may be used. Since liver is packed with extra nutritive value, include it frequently. Pork is richer in thiamine than other muscle meats, and may be included occasionally even though it is a fat meat. If you are following Diet Pattern I, discard the edge fat. Meats may be roasted, broiled, or boiled, but no fat or flour should be added in preparation. Many tasty dishes



may be made of lean meat cooked with vegetables: liver cooked with tomato and onion, for example. Avoid gravy, except for pan gravy (meat juice), from which the fat has been removed.

Since fish and young poultry are lower in fat than most meats, a little fat may be added in preparation.

*Fruits:* The amounts of fresh or unsweetened fruits which are about equal in calorie value are shown in the table of fruit choices.

### Fruit choices

	Amount		Amount
Apple (2" diameter)	1 small	*Orange juice	$\frac{1}{2}$ cup
Applesauce	$\frac{1}{2}$ cup	Peach	1 medium
Banana	$\frac{1}{2}$ small	Pear	1 small
*Cantaloupe (6" diameter)	$\frac{1}{4}$	Pineapple	$\frac{1}{2}$ cup
Cherries	10	Plums	2 medium
*Grapefruit	$\frac{1}{2}$ small	Raspberries	1 cup
*Grapefruit juice	$\frac{1}{2}$ cup	*Strawberries	1 cup
Grapes	12	*Tangerine	1 large
*Orange	1 small		

\*These are good sources of vitamin C.

Learn to enjoy fresh fruits as they are, without added sugar. Drain the juice from fruits canned with sugar, and eat sparingly of these and of dried fruits, since they are relatively high in calorie value. Fruits and vegetables are nutritious and are satisfying or "filling" because of their bulk.

*Vegetables:* Take your vegetables out of the family saucepan before butter or sauces are added. A little mint, parsley, or chives can do wonders for cooked vegetables as well as salads. Use lemon juice, seasoned tomato juice, or a low-calorie dressing on salads. Unless your doctor advises otherwise, spices and seasonings may be used to suit your taste.

In the lists which follow on page 9, vegetables are grouped roughly according to calorie value. Eat liberally of the low-calorie vegetables. Servings of these may be as large as you like. For the medium-calorie vegetables, count  $\frac{1}{2}$  cup, cooked, as an average serving. Since the total amount of starchy vegetables and cereal products must be less than usual in a reducing diet, they are listed as substitutes for bread or potato. Each of the items listed provides about as many calories as either one average slice of bread or one small potato. The vegetables in this group may have been omitted from Diet Pattern II.



## Vegetable choices

### *Low-calorie vegetables*

Asparagus  
\*Broccoli  
Cabbage, celery or Chinese  
Cauliflower  
Celery  
\*Chicory  
Cucumber  
\*Escarole

\*Greens  
Beet greens  
Chard  
Dandelion  
Kale  
Mustard  
Spinach  
Turnip greens  
Lettuce

Mushrooms  
\*Peppers, green or red  
Radishes  
Sauerkraut  
Snapbeans, young  
Summer squash  
\*Tomatoes  
\*Watercress

### *Medium-calorie vegetables*

Beets  
\*Carrots  
Onions

Peas, green  
\*Pumpkin  
Rutabaga

\*Squash, winter  
Turnip

\*These are good sources of vitamin A.

## Substitutes for bread or potato

Bread	1 slice	Potato, white	1 small
Cereals, cooked	$\frac{1}{2}$ cup	Potato, white, mashed	$\frac{1}{2}$ cup
dry, flake, or puff types	$\frac{2}{3}$ cup	Potato, sweet or yams	$\frac{1}{2}$ cup
Rice, cooked	$\frac{1}{2}$ cup	Beans or peas, dried, cooked	$\frac{1}{2}$ cup
Macaroni, spaghetti, noodles, cooked	$\frac{1}{2}$ cup	Lima beans, green	$\frac{1}{2}$ cup
Crackers		Corn, sweet	$\frac{1}{3}$ cup
Graham ( $2\frac{1}{2}$ " sq.)	2	Corn, on the cob	1 small ear
Soda (2" sq.)	5	Parsnips	$\frac{2}{3}$ cup
Round, thin	6		

*Cereals, fats, sweets:* Try to choose whole-grain and enriched cereal products. For variety, use other cereal products and starchy vegetables instead of bread in Diet Pattern I (page 7). Since the total butter or margarine in your diet will be small, remember that soft butter spreads easier and goes further than butter fresh from the refrigerator. If you drink skim milk part of the time, butter or margarine equivalent to the milk fat (2 level teaspoons per cup) may be used in other ways. Candy, sweets, salad oil, and refined cereal may be omitted. They contribute little but calories to the diet.

## *Eat regularly. Choose meals that satisfy*

A sane reducing program includes three regular meals a day. The omission of meals may interfere with your feeling of well-being and usually results in a more or less inadequate diet. Breakfast is especially important because of the

length of time from dinner to breakfast. A good breakfast not only helps you get through the morning without the temptation to nibble, but helps to avoid a mid-afternoon slump as well. You will be better satisfied and more willing to wait for the next regular mealtime if each meal includes some bulky food such as fruit or vegetables, and some protein-rich food such as milk, eggs, cottage cheese, or meat. These protein-rich foods tend to "stick to the ribs" and prevent hunger. The fat which is included in milk, egg, meat, and butter or margarine should be distributed throughout the day, to give each meal more staying power.

### ***Choosing meals away from home***

In a restaurant, choose plain foods in preference to combinations such as stews and fricassees which are often higher in calorie value than you would suspect. Select a salad without dressing, and ask for a wedge of lemon to squeeze over it. Have fresh fruit for dessert.

When you are invited out, second helpings will seem less enticing if you eat slowly and concentrate on the conversation.

### ***Increase your "won't power"***

Stop eating while you would still enjoy a little more. Overweight persons need to get used to eating less. The stomach soon becomes accustomed to any volume of food that is regularly put into it. One of the best exercises for reducing is to push yourself away from the table three times a day.

### ***Recognize besetting sins***

Every overweight person has some food habits which have resulted in added pounds over the years. An important step in reducing is to recognize and deal with your besetting sins. Are you especially fond of sweets or rich desserts? Are you over-generous in serving yourself with salad dressing or in buttering your bread? Do you usually have "seconds?" Do you keep pace in eating with your more active husband and growing children? When you clear the table, do you eat the dabs to save them? Do you nibble between meals?

### ***Avoid between-meal nibbles***

Consider what some of the tempting between-meal snacks represent in terms of energy value. To make sure that you will not take this lightly, a table is included to show the energy value of some common between-meal foods in terms of the number of miles you would need to walk to use up the energy provided by them. Mileages in the table are based on the assumption that you weigh about 150 pounds and walk at the rate of 2.6 miles an hour. Under these conditions you would use up about 75 calories a mile, which includes the energy required for maintaining body functions, such as the work of heart and lungs.

The nibble	Approximate mileage to "walk it off"
3 salted peanuts	0.2
1 cup popcorn (without butter, though you probably don't eat it that way)	0.8
1 tablespoon butter (a very modest allowance for the popcorn)	1.3
1-inch square of chocolate fudge, $\frac{1}{2}$ inch thick	1.3
1 7-oz. bottle carbonated beverage	1.0
1 12-oz. can beer	2.2
1 martini	2.0
1 ice cream cone, with $\frac{1}{2}$ cup ice cream	3.7
1 doughnut, 3-inch diameter	4.0
8 to 10 potato chips	1.3
1 sliced ham sandwich	3.6
1 piece mince pie, 4-inch sector	4.5
1 piece chocolate cake with icing, 2 layers, 2-inch sector	5.3

If you do not walk it off, an extra hundred calories a day will add up to 10 pound in a year's time. So think well before you nibble!

Many people who are reducing get along comfortably with three well-chosen meals and no extras. If you long for a snack between meals or at bedtime, set aside some milk or fruit from your day's allowance for this purpose. A small snack, taken shortly before mealtime, helps some dieters by reducing appetite. Remember that these are not extras, but part of the day's allowance. Water, tea, black coffee, and fat-free bouillon may be used as you wish, unless the doctor advises otherwise.

### ***Exercise helps***

Activity requires energy; therefore, increasing your activity will help to rid you of excess flesh and to keep tissues firm while you reduce. Moderate exercise, taken regularly, is an aid to reducing, and is good for most people except those with heart trouble or circulatory disease. Occasional strenuous exercise helps less, as it may give you a ravenous appetite. Use exercise as an adjunct to the reducing diet. Never reduce sleep; overweight people need a normal amount of rest and sleep.

### ***Keep up your courage***

You did not put on those excess pounds overnight. You may have gained 25 pounds over a period of four years; you will be doing very well if you take them off in from four to six months, so keep cheerfully at it. Eating can still be fun if you concentrate on the good things you can have, rather than on those you forgo. As you reduce slowly, you form the good food habits which will help you avoid gaining again.

## SUGGESTIONS FOR GAINING WEIGHT

### *How fast should weight be gained?*

The only limit to your rate of gain is set by your ability to digest and absorb food. Since fat-rich foods are apt to slow up digestion, increase your intake gradually, to avoid digestive upsets. One such minor calamity may cause you to lose the weight you have put on ounce by ounce the previous week.

### *Calories needed*

To gain 1 to 2 pounds a week, add 500 to 1000 calories a day to your present diet. Many thin persons eat inadequate diets. Make sure you get the right foods for good nutrition first, then increase calories with foods you enjoy most.

### *Choice of foods*

For you, as well as for the overweights, the basis of an adequate diet will be provided if you include the following foods each day:

- 2 cups or more of milk
- 2 vegetables besides potatoes. Use green leafy and yellow ones frequently
- 2 servings of fruit. Use citrus fruits and tomatoes frequently
- 1 egg
- 1 serving of meat, fish, or poultry
- Whole-grain or enriched cereal in some form
- Butter or margarine

### *Use of high-calorie foods*

Look for the calories that come in small packages. Butter, salad oils, cream, nuts, cereals, and sweets furnish many calories in small volume. If it is hard for you to eat more food, try these little prize packages which increase your energy intake without making you feel uncomfortably full. First make sure your diet is adequate in other respects by selecting the foods listed above; then make your diet *more than adequate in calories* by choosing the concentrated foods you like best. Here are some suggestions: tuck an extra pat of butter into your baked potato, or add it to other cooked vegetables; eat all the dressing on your salad, and more if you can; add cream to your milk; use cream on fruits, cereal, puddings; eat home-cooked cereals instead of the puffed or flaked varieties; eat generous servings of starchy vegetables and bread, thickly buttered; eat sweetened fruits and dried fruits. Milk isn't a concentrated food, but it is easy to drink an extra glass. Plan to drink 3 or 4 glasses a day.

### *Size of meals*

Eat until you feel satisfied; then eat a little more. You will be surprised how quickly your stomach learns to expect more than you now give it.

### ***Ways to increase appetite***

If your appetite is not good, here are some suggestions:

*Thiamine helps to promote normal appetite.* If you are a "fussy eater," your diet may be low in thiamine. Whole grains, legumes, fruits, and vegetables help. Pork is a very good source.

*Food should be attractive.* If you eat out, choose a restaurant where foods are nicely prepared and served. Your own family can help by cooking food in your favorite ways. If you are one of those persons who relishes food less if you prepare it yourself, get someone to help you prepare meals if you can.

*Take a few minutes to rest before dinner.* Fatigue decreases appetite and interferes with digestion. Food will taste better if you take time to freshen up a bit and to relax before mealtime.

*Have your meals at regular times.* Irregular mealtimes may result in poor appetite, especially when the meal hour is delayed. Allow time to eat your meals in leisurely fashion. Get up in time for an unhurried breakfast too!

*Fresh air, sunshine, moderate exercise,* never to the point of fatigue, will do their part toward stimulating appetite.

### ***Number of meals***

You may need more than three meals a day. This does not mean that you should eat snacks at odd hours. If you do not make a satisfactory gain on three larger meals, chosen as suggested, you may make a start toward normal weight by having wisely chosen between-meal lunches. Try a glass of milk and a sandwich or fruit before bedtime. If you can eat in the mid-morning or mid-afternoon without spoiling your appetite for the next meal, try a glass of fruit juice, or milk with crackers or cookies. If you have no time for these, carry dried fruit and nuts for a mid-morning and mid-afternoon snack.

### ***Save energy***

Since gaining weight is not all a matter of food, learn to save energy.

*Spend more hours in bed at night.* Try to get 8 to 10 hours sleep.

*Plan for daytime rest periods.* Even a few minutes at a time will work wonders when you have learned to relax quickly.

*Ride more and walk less.* Get some out-of-door exercise every day, but do not allow yourself to become fatigued.

*Do things the easy way.* Look for ways to do your work with less effort.

### ***Keep cheerful***

Nervousness, worry, and fatigue are enemies of weight gain. Cultivate a wholesome outlook on life and you will not only gain weight more easily but you'll be a better person to live with!

## MENUS FOR FAT, MEDIUM, AND THIN PERSONS

Since we live in a world where fat, medium, and thin persons often eat at the same table, suggestions on how the same menu may serve for all, with some addition and subtraction, are found below and on page 15.

<i>For the overweight</i> <b>Diet Pattern I</b>	<i>For the average weight</i>	<i>For the underweight</i>
<b>BREAKFAST</b> 1 orange 1 poached egg 1 thin slice whole-wheat toast 1 level teaspoon butter 1 cup skim milk coffee, top milk*	1 orange 1 poached egg 2 slices whole-wheat toast 2 teaspoons butter Milk, coffee, or cocoa as desired	1 orange 1 poached egg 2 slices whole-wheat toast 2 teaspoons butter Milk, or cocoa or coffee made with hot milk
<b>LUNCHEON OR SUPPER</b> Fruit or vegetable salad plate with cottage cheese and low-calorie dressing† $\frac{1}{2}$ slice bread $\frac{1}{2}$ teaspoon butter 1 cup skim milk	Fruit or vegetable salad plate with cottage cheese and 1 tablespoon mayonnaise or French dressing 1 slice bread 1 teaspoon butter 1 cup whole milk  Cake or cookies	Fruit or vegetable salad plate with cottage cheese and 1 tablespoon mayonnaise or French dressing 2 slices bread 2 teaspoons butter 1 cup milk with added cream Cake or cookies
<b>DINNER</b> 1 pork chop (discard edge fat) 1 small baked potato 1 level teaspoon butter $\frac{1}{2}$ cup green beans Carrot strips, celery 1 cup whole milk Fruit cup, without sugar*	1 pork chop 1 medium-sized baked potato 2 teaspoons butter 1 slice bread 1 or 2 servings green beans, buttered 1 slice bread Carrot strips, celery 1 cup whole milk Fruit cup, cookies	1 pork chop (eat edge fat) 1 medium-sized baked potato 1 tablespoon butter (use some on vegetables) 1 or 2 servings green beans, buttered 2 slices bread Carrot strips, celery 1 cup whole milk Fruit cup, cookies
<b>BEDTIME</b>		1 cup milk

\*Non-caloric sweeteners such as saccharin or sucaryl, in small amounts, appear to produce no ill effects; however, one can learn to enjoy the natural flavor of unsweetened foods.

†Dressings made with mineral oil should not be used, since mineral oil taken with food interferes with absorption of provitamin A and other nutrients.

<i>For the overweight</i> Diet Pattern II	<i>For the average weight</i>	<i>For the underweight</i>
<b>BREAKFAST</b> $\frac{1}{2}$ grapefruit, without sugar* 1 soft-cooked egg 1 thin slice whole-wheat toast 1 level teaspoon butter $\frac{3}{4}$ cup whole milk Coffee, without sugar*	$\frac{1}{2}$ grapefruit 1 egg 2 slices whole-wheat toast 2 teaspoons butter Milk, coffee, or cocoa as desired	$\frac{1}{2}$ grapefruit 1 egg 2 slices whole-wheat toast 2 teaspoons butter Milk, or cocoa or coffee made with hot milk
<b>LUNCHEON OR SUPPER</b> $\frac{1}{2}$ cup tomato juice 4 ounce beef patty $\frac{1}{4}$ cup cooked greens $\frac{3}{4}$ cup whole milk	Tomato juice Beef patty Cooked greens, buttered 1 cup milk 1 slice bread 1 teaspoon butter Pudding	Tomato juice Beef patty Cooked greens, buttered 1 cup milk 2 slices bread 2 teaspoons butter Pudding with cream
<b>DINNER</b> 4 ounces broiled fish Dill pickles Salad greens, low-calorie dressing† $\frac{3}{4}$ cup whole milk $\frac{1}{2}$ cup sliced peaches, fresh or water packed	Broiled fish with tartar or other sauce Mashed potatoes Salad greens, French dressing 1 cup milk 1 slice bread 1 teaspoon butter Sliced peaches	Broiled fish with tartar or other sauce Mashed potatoes Salad greens, generous serving of French dressing 1 cup milk with added cream 1 slice bread 2 teaspoons butter (put some on potatoes) Sliced peaches, cream and sugar

\*Non-caloric sweeteners such as saccharin or sucaryl, in small amounts, appear to produce no ill effects; however, one can learn to enjoy the natural flavor of unsweetened foods.

†Dressings made with mineral oil should not be used, since mineral oil taken with food interferes with absorption of provitamin A and other nutrients.

## HOW TO MAINTAIN NORMAL WEIGHT

When your mirror tells you that you weigh what you should, you have arrived! To keep this best weight just practice the same general rules that brought you to your goal, only not quite so strenuously. You who were underweight may ease up a little on the extra food you have been tucking in. You who have shed unwanted pounds can keep them off if you increase servings cautiously, keeping an eye on the scales. Remember, the plan you have been following is no "Nine-day Wonder Diet," but the start of a lifetime of better food habits.



# DESIRABLE WEIGHTS FOR WOMEN. AGES 25 AND OVER\*

Height (with shoes)		Weight in pounds (as ordinarily dressed)		
		<i>Small frame</i>	<i>Medium frame</i>	<i>Large frame</i>
Feet	Inches			
4	11	104-111	110-118	117-127
5	0	105-113	112-120	119-129
5	1	107-115	114-122	121-131
5	2	110-118	117-125	124-135
5	3	113-121	120-128	127-138
5	4	116-125	124-132	131-142
5	5	119-128	127-135	133-145
5	6	123-132	130-140	138-150
5	7	126-136	134-144	142-154
5	8	129-139	137-147	145-158
5	9	133-143	141-151	149-162
5	10	136-147	145-155	152-166
5	11	139-150	148-158	155-169

\*Figures from Metropolitan Life Insurance Co., Statistical Bureau, 1943.

Weights in the age group 18 to 25 can be estimated by subtracting 1 pound for each year under 25 from the limits at each height.

# DESIRABLE WEIGHTS FOR MEN. AGES 25 AND OVER\*

Height (with shoes)		Weight in pounds (as ordinarily dressed)		
		<i>Small frame</i>	<i>Medium frame</i>	<i>Large frame</i>
Feet	Inches			
5	2	116-125	124-133	131-142
5	3	119-128	127-136	133-144
5	4	122-132	130-140	137-149
5	5	126-136	134-144	141-153
5	6	129-139	137-147	145-157
5	7	133-143	141-151	149-162
5	8	136-147	145-156	153-166
5	9	140-151	149-160	157-170
5	10	144-155	153-164	161-175
5	11	148-159	157-168	165-180
6	0	152-164	161-173	169-185
6	1	157-169	166-178	174-190
6	2	163-175	171-184	179-196
6	3	168-180	176-189	184-202

\*Figures from Metropolitan Life Insurance Co., Statistical Bureau, 1943.

Weights in the age group 18 to 25 can be estimated by subtracting 1 pound for each year under 25 from the limits at each height.

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